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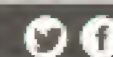
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TIM HORTONS
The Roll-
up-the-
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metroNEWS

Your essential daily news | WEDNESDAY, FEBRUARY 24, 2016

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WITH A CAPITAL TEA

Centretown steeped
in Old World charm

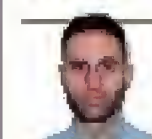
metroNEWS

Hind Mubarak pours a cup of Earl Grey inside The Vanitea Room,
which is scheduled to open next month. HALEY RITCHIE/METRO

Murder charge laid

OVERBOOK

Stabbing death
now the city's
third homicide
of the year



Joe
Lofaro
Metro | Ottawa

Police have laid a murder charge against an Ottawa man after a teenager was allegedly stabbed 18 times Monday night near a park in Overbrook.

The victim, 19-year-old Mohamed Ali Hassan, was pronounced dead in hospital Monday night after he was found near Lawson Park by King George Street.

His alleged killer, Michael Andrew Leblanc, 26, is facing a charge of second-degree murder in what is now the city's third homicide of the year.

A witness who found Hassan's body claims to have seen a man

run to a home on King George Street in bloody clothing.

The Major Crime Unit obtained a search warrant and while in the basement of the home found clothing that matched the description from the witness. Police also say they found a \$20 bill covered in blood.

A search of Leblanc's phone also showed the last call out was to Hassan's cellphone, police allege. The two lived at addresses that were blocks away from each other in Overbrook.

Leblanc's lawyer, Alan Brass, declined to comment after the brief court appearance.

Both Leblanc and Hassan had criminal records.

Leblanc has an outstanding charge of theft under \$5,000 and possession of stolen property from a Dec. 20, 2015 incident.

Hassan was supposed to stand trial next month on a drug charge from Dec. 26, 2014.

Leblanc was remanded into custody and will return to court March 3.

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Duffy's fate now in judge's hands

COURT

Judge to weigh up his verdict on 31 charges until April 21

Arguments in the landmark and lengthy trial of Sen. Mike Duffy concluded Tuesday with the justice hearing the case saying the earliest he'll deliver his verdict is April 21.

Justice Charles Vaillancourt must now decide whether the former Conservative is guilty or not on 31 counts of fraud, breach of trust and bribery for the way he handled his expenses while serving in the Senate.

The decision will likely have repercussions for at least two other senators awaiting trial on similar accusations. It may also mean that charges could be laid against still others following exhaustive audits into Senate expenses.

"The man has been through a tremendous ordeal, he has been humiliated and ridiculed and that will continue to go on. Few have ever been in his position," defence lawyer Donald Bayne said in his final address to the court on Tuesday.

"Crown took a great deal of time to say you can't believe

everything he says. You don't have to acquit him on this evidence... the evidence as a whole proves that the Crown has not made out this case beyond a reasonable doubt."

It's been eight years since Duffy was appointed a Conservative senator for P.E.I. The Senate is still grappling with the fallout from the ethics scandal that engulfed it after questions raised about his expenses eventually led to the criminal charges against him. Duffy has pleaded not guilty to all counts.

The first 28 charges relate to living, travel and office expense claims he filed in his first four years in Senate, while he was criss-crossing the country as one of his party's star fundraisers.

Those trips, the living expenses he charged for the Ottawa-area home he's had for decades and the money from his Senate budget

that he spent on services the Crown alleges would never have been approved by the Senate, are at the heart of these charges.

The Crown, in its closing arguments, argued that one \$65,000 contract amounted to a "slush fund," but Bayne said it was in keeping with the Senate's allowance for a research budget. He said senators had full discretion over how to spend that money.

Duffy, the Crown argued this

Criminal trial of Sen. Mike Duffy, by the numbers

31 — number of charges Duffy faces.

3 — types of charges — fraud, breach of trust and bribery

61 — days of testimony over 10 months.

2 — days of closing arguments.

112 — number of exhibits.

562 — emails contained in just one of those exhibits.

61 — pages in the Crown's final submissions on the first 28 counts.

262 — pages in the defence's final submissions on the same counts.

week, was only ever acting in his own best interests. The defence argues it was the opposite — that for political reasons the powerful PMO railroaded Duffy into admitting to wrongdoing when he had done nothing improper.

"Look at where he is sitting now," Bayne said, gesturing to Duffy in the front row of the small Ottawa courtroom, his wife by his side. "Does anyone think he got a benefit?"



Above: Sen. Mike Duffy, a former member of the Conservative caucus, arrives to court in Ottawa on Tuesday.

SEAN KILPATRICK/THE CANADIAN PRESS

Left: In this artist's sketch, Sen. Mike Duffy (left to right), Crown Mark Holmes and defence lawyer Donald Bayne attend Duffy's trial. GREG BANNING/THE CANADIAN PRESS

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A family's attempt to reunite

ORLÉANS

Syrian refugee, neighbours trying to bring sister back

Brier Dodge
Metroland Media

In Canada, neighbours help each other out.

Sometimes it's lending an extra egg, at other times it's helping shovel a driveway.

In this Orléans case, it's bringing over a neighbour's sister and her family from Lebanon after they fled Syria.

Feras Al-Abbas desperately wants his sister and her family to be able to move to Orléans.

His sister, husband and three children — who cannot be named for safety reasons — are currently living in Lebanon after fleeing Damascus.

They lived close to a highway that surrounds the core of the Syrian city, which means they were living close to violence that eventually was too much to bear. They left their jobs — his sister as a dentist, and her husband as a civil engineer — and are currently in Lebanon, as she works odd jobs or takes contracts to do dental or dental assistant work.

So her brother, Al-Abbas, started looking at how he could get his sister's family of five to Orléans.

Back in 2002, Al-Abbas began the process to bring his own immediate family to Canada.

"Generally, all the people (in Syria) feel there's something wrong," Al-Abbas said, of his reasoning to leave at that time. "No one knew when, but the people could see something bad was about to happen."

For Al-Abbas, it took five years for his immediate family



Feras Al-Abbas and his wife, Shirin Al Assafin, in their Orléans home. The couple, who have been in Canada for several years, want to bring Al-Abbas's sister and her family to Orléans this year. The Greenbelt Baptist Church's congregation is helping raise money to sponsor the family.

BRIER DODGE/METROLAND MEDIA

to be approved and eventually make their way to Canada.

He returned to Syria for a short period to help relatives when his father passed away, and when the family returned to Canada, they eventually settled in Orléans.

"We had a good time in Syria, we had a good life," Al-Abbas said. "So it took us a long time to accept the situation."

The first time he arrived, his sister, then pregnant, and her family almost joined them permanently.

The family came, and was granted permanent resident status. But his sister returned

to Damascus for what was meant to be a brief stay when their father got ill.

She ended up giving birth in Damascus, and Al-Abbas said it became impossible to get a visa for her new baby. He said her family ended up losing their permanent resident status after they hit roadblocks trying to secure the documentation for the newborn to also come to Canada.

So he's trying, this time with help from neighbours, to bring her family back to Canada.

The family faces uncertainty and a lack of stability right now, due to both paperwork



It's amazing to know there's someone who supports you. It's like a big family.

Feras Al-Abbas

issues and the influx of Syrians into Lebanon, a small country that isn't equipped to handle so many new residents. Going back to Syria, with the unrest and violence, isn't an option.

Al-Abbas mentioned the situation concerning his sister's immediate family to his next-door neighbour, Steve Outhouse, who did more than

just lend an ear to Al-Abbas's

plight.

Outhouse rallied some friends, and eventually his church, the Greenbelt Baptist Church, to begin the sponsorship process for Al-Abbas's family, who themselves attend a Syrian Catholic church in Ottawa.

They began collecting donations, and have already raised almost \$11,000. A total

of \$30,000 is required to be a sponsor to bring a family to Canada, to make sure basic needs such as rent and food will be covered.

Al-Abbas said he'll gladly host his sister and her family under his own roof, and hopes that will help bring them here sooner.

"Nobody knows me (at Outhouse's church), I know nobody, but they do good for us," he said of the help provided by Outhouse and the church he is associated with.

"It's amazing to know there's someone who supports you. It's like a big family."

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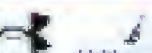


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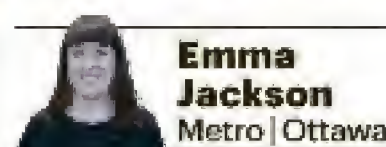
NATIONWIDE 
LIQUIDATION OUTLET**ACROSS FROM COSTCO**

Lisa Nasu-Yu competed for Minto Skating Club until last year. She's back in Ottawa for Disney on Ice this week. EMMA JACKSON/METRO

Homegrown skater returns with Disney

PROFILE

Lisa Nasu-Yu
says landing gig
with touring
show a dream



**Emma
Jackson**
Metro | Ottawa

Like a Disney fairy tale come true, Ottawa-born figure skater Lisa Nasu-Yu is living the dream. The 18-year-old Minto Skating Club alumnus has joined Disney on Ice for its 100 Years of Magic

tour across North America.

And as it rolls into Ottawa this week, she's back on home ice.

"I was really excited to come back here," said Nasu-Yu.

"To be able to show (friends and family) what I'm doing is really great."

Nasu-Yu got the Disney gig after high school graduation last summer. It's a dream, she said, to be paid to do what you love.

"(Skating) has been such a big part of my

life," she said. Nasu-Yu took up the sport at age eight at the Nepean Skating Club. As a teen, she competed for the Minto Skating Club until she retired last season.

Skating for Disney is a new challenge, she said, particularly as she settles into a hectic touring routine along the eastern seaboard.

And the performance style is different.

For one thing, she likely never wore a turtle costume in competition. (As part of Disney's ensemble, Nasu-Yu skates in Finding Nemo's Turtle Rock number. She also plays a bride in Mulan, a band member and a toy soldier.)

Adding acting into the mix is new, too, but one thing hasn't changed: the adrenaline.

"It's amazing," Nasu-Yu said.

With her parents in the crowd this time, it should be even more exciting. Disney on Ice opens Wednesday at 7 p.m., the first of nine shows at the Canadian Tire Centre. It's in town until Sunday, with up to three performances a day. Tickets start at \$15 per person, or \$12 per child at the evening shows.



BUSINESS

Devcore boss sure Sens will play at LeBreton



**David
Sali**
Ottawa Business Journal

Before a gag order was imposed on the two groups vying to redevelop LeBreton Flats, Devcore president Jean-Pierre Poulin told OBJ the process was "fair" and he was confident the Senators will eventually play at the site no matter who wins the bid.

"I think it's all exciting for Ottawa," Poulin said in a recent interview, done a couple of hours before the National Capital Commission's deadline for public comments by the two competing consortiums.

"We have one chance to do this right to make (LeBreton Flats) the best it can be."

Both the Devcore Canderel DLS Group's LeBreton Re-Imagined bid and the IllumiNATION LeBreton bid led by the Ottawa Senators and Trinity Development Group include plans for an NHL-calibre arena.

But Senators owner Eugene Melnyk has publicly stated he will never sell the team and won't be a tenant in a building he doesn't own. While there have been suggestions that the DCDLS group would make an offer to buy the Senators if it wins the bid, Devcore's president would say only that he believes a deal can be worked out to ensure the team will play at LeBreton Flats.

"It's all about can we sit around the table to do what's best for the city and for Canada," he said. "I'm confident that if we

can, we'll be able to get something done."

Although the NCC originally told both groups they would have only two days in late January to sell their proposals to the public, it eventually extended the viewing period to Feb. 8. While some of the glitzier and more ambitious elements of the DCDLS proposal have garnered the lion's share of the headlines, including the arena, a new public library and a car museum, the plan also mentions an "Innovation Centre" that would eventually be part of the mixed-use development.

DCDLS calls the envisioned area "a vibrant hub for the innovative research work being done" to support startup initiatives in conjunction with the nearby Innovation Centre at Bay-

view Yards slated to open later this year.

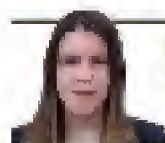
"I think there's a synergy in that area," Poulin said, suggesting companies based in the towers could work together with the startups at Bayview Yards. The proposed towers would not be built until Phase 2 of the project, he added, meaning they are probably at least a decade away.

In the meantime, Poulin said, the LeBreton Re-Imagined proposal would promote innovation through partnerships with institutions such as the Canada Science and Technology Museum. He said his group has already talked with museum officials about setting up "rotating exhibits" from its collection in various offices and public places at LeBreton Flats.

Served with formalitea

DINING

European-style tea room is opening up in Centretown



Haley Ritchie
Metro | Ottawa

Ottawa is awash in cafés and

tea shops — but nothing like The Vanitea Room, an opulent “tea salon” set to open next month in Centretown.

The new business is co-owned by friends Chanel Nadeau and Hind Mubarak, who have been working for two years to bring their dream of a European-style tea and tapas café to life.

Travels in Europe and the Middle East inspired The Vanitea Room — a sit-down

experience that aims to be “opulent” and bring leisure, indulgence and ritual back to a beverage with a long history.

Though dedicated tea establishments do exist in the city, most are casual.

“People seem to veer away from formality,” said Mubarak. “They like something more convenient. It’s one of the reasons why coffee shops are so predominant.”

At her shop, guests are presented with a tea chest, where they can make a selection based on fragrance, colour and description, much like selecting a fine wine.

The tea menu will change regularly, on the advice of both a tea stylist and a tea sommelier. Food options will include breakfast items like a tea-infused parfait, matcha shortbreads, small plate tapas and tea-themed cocktails.



Vanitea co-owner Hind Mubarak pictured in front of the shop’s Victorian tea-themed mural, painted by local artist Allan André.
HALEY RITCHIE/METRO

NATIONAL CAPITAL COMMISSION

Plans taking shape for next 50 years



Lucy Scholey
Metro | Ottawa

More waterfront access, a Confederation Square makeover and a tweak of the Rideau Street intersection in front of the old train station.

Those are among the ideas the National Capital Commission (NCC) has collected to shape a new 50-year “vision” for the National Capital Region.

On Tuesday, Stephen Willis, the National Capital Commission’s executive director of capital planning, gave the city’s planning committee an update of that plan.

It’s still early yet. The NCC is wading through all the public feedback on 17 “milestone projects” that have yet to be decided on for 2017-2067.

“What we’re trying to do is plant the seeds of some great ideas that could happen in the next 50 years,” Willis said.

So far, the top issue is more waterfront access where paddlers can launch and tie up kayaks and canoes. That’s some-

thing the NCC seems keen on implementing.

Another recurring message: improve on the current public spaces, like Confederation Square for future Remembrance Day ceremonies.

“People are down Wellington Street, down Elgin Street, down Rideau Street,” said Willis. “They can’t actually see what’s actually happening and participate in a meaningful way in the ceremonies that are going on.”

The NCC will release a public draft of the plan by May and wrap-up consultations come fall.



Improved waterfront access is a popular idea the NCC has heard for its 50-year plan.

DREAMSTIME/TORSTAR NEWS SERVICE

DEVELOPMENT

Committee approves Potter’s Key subdivision

A controversial subdivision proposal for Stittsville passed the planning committee hurdle on Tuesday.

But faced with neighbours’ concerns about a traffic surge, speeding vehicles, construction hubbub and townhouses backing onto single-family homes, Potter’s Key developer Minto is bound to a few changes.

The planning committee unanimously approved the plan, but with these amendments:

- A temporary construction access road will link

directly to Hazeldean Road, preventing any heavy duty vehicles from cutting through the existing neighbourhood.

- Only single-detached dwellings will be permitted to back onto existing single-family homes.

The plan still does not include a direct route to Hazeldean Road, which is an arterial route. But city staff say that once an adjacent southern parcel of land is developed, it will include a road that connects both properties to Hazeldean.

The next step is for council to vote on the plan.
LUCY SCHOLEY/METRO

CLASS ACTION NOTICE

AUTHORIZATION OF A DATA BREACH CLASS ACTION CONCERNING THE LOSS OF THE PERSONAL INFORMATION OF CUSTOMERS WHO IN MARCH 2008 LEASED A CHRYSLER, DODGE OR JEEP VEHICLE FROM DAIMLERCHRYSLER FINANCIAL SERVICES CANADA INC. (NOW KNOWN AS TD AUTO FINANCE SERVICES INC.)

Introduction:

In March 2008, a Data Tape containing the personal information of all DaimlerChrysler Financial Services Canada Inc. (“Chrysler Financial”) vehicle lease customers across Canada was lost (approximately 239,277 customers). The personal information on the lost or stolen Data Tape contained some or all of the following information: the customer’s name, address, phone number, social insurance number, date of birth, as well as other information related to the status and history of the customer’s credit file with Chrysler Financial.

If, on or before March 12, 2008, you leased a vehicle from Chrysler Financial (including, without limitation: **Chrysler, Dodge or Jeep vehicles**), your personal information was likely included in the lost Data Tape. You may also have received a notification letter from Chrysler Financial in March or April 2008, informing you of the loss of your personal information.

1. **TAKE NOTICE** that on January 19, 2015, the Honourable Mr. Justice Lacoursière of the Superior Court of Québec authorized the bringing of a class action against Defendant TD Auto Finance Services Inc., formally DaimlerChrysler Financial Services Canada Inc. (“Chrysler Financial” or “Defendant”), and ascribed the status of representative to Mr. Maxime Belley (“Petitioner” or “Plaintiff”) to act on behalf of the following Group:

All persons (including their estates, executors, or personal representatives), consumers, corporations, firms, businesses, and other organizations, in all of Canada, whose personal information was stored or saved on a data tape, which was lost by Respondent while in transit on or about March 12, 2008.

2. **This class action will be brought in the Province of Quebec, District of Montreal.**
3. **The principal questions of facts and law that will be dealt with collectively are the following:**
 - a. Was Defendant negligent in the handling of and subsequent loss of the personal information of the Group members?
 - b. Is Defendant liable to pay damages to the Group members as a result of the loss of said information, including actual monetary losses incurred, lost time, inconvenience, anxiety and other moral and/or punitive damages caused by the loss of said information, and if so in what amount?
4. **The conclusions sought by this authorized class action are the following:**
GRANT Plaintiffs’ action against Defendant;
CONDEMN Defendant to pay to the members of the Group compensatory damages for all monetary losses caused as a result of Defendant’s loss of the members’ personal information;
CONDEMN Defendant to pay to the members of the Group compensatory and/or moral damages in the amount to be determined by the Court as a result of Defendant’s loss of said members’ personal information;
CONDEMN Defendant to pay an amount in punitive / exemplary damages to every Group member, in the amount to be determined by the Court, with interest as well as the additional indemnity;
GRANT the class action of Petitioner on behalf of all the members of the Group;
ORDER the treatment of individual claims of each member of the Group in accordance with the Quebec Code of Civil Procedure;
THE WHOLE with interest and additional indemnity provided for in the Civil Code of Quebec and with full costs and expenses, including expert’s fees and publication fees to advise members;
5. **If you wish to exclude yourself from the class action, you must notify the clerk of the Court no later than May 28, 2016, by registered or certified mail at the following address:**
 Clerk, Superior Court of Quebec, 1 Notre-Dame Street East, Montreal, Quebec, H2Y 1B6

You must state that you wish to exclude yourself from the class action of Maxime Belley v. TD Auto Finance Services Inc. (case number 500-06-000615-126).
6. **A Class Member who has not requested his exclusion by May 28, 2016 will be bound by any judgment rendered in the class action.**
7. **If you wish to remain included in the class action, you have nothing to do.**
8. **As a Class Member, you have the right to intervene in the present class action, in the manner provided for by law. If you do so, you will not be called upon to pay any costs.**
9. **For further information about this class action, you may contact class counsel and, if possible, provide your email or other address:** Mtre David Assor, Lex Group Inc., 4101 Sherbrooke St. West, Westmount, Quebec H3Z 1A7
 Phone: (514) 451-5500 ext. 321 Fax: (514) 875-8218 Email: davidassor@lexgroup.ca Website: www.lexgroup.ca

THE PUBLICATION OF THIS NOTICE TO CLASS MEMBERS HAS BEEN APPROVED AND ORDERED BY THE SUPERIOR COURT OF QUEBEC.

Indigenous women get anti-violence aid

QUEEN'S PARK

\$100-million strategy by province lasts for three years

Ontario will spend \$100 million over the next three years on a long-term strategy to end violence against indigenous women, most of it on support for families.

Indigenous women are three times more likely to experience violence and to be murdered than other women in Ontario, Premier Kathleen Wynne said Tuesday.

"This is devastating families and entire communities, and it's a problem our entire province needs to face," Wynne said.

Indigenous people make up 2.4 per cent of Ontario's population, but they account for 26 per cent of the children in care. Indigenous women make up

six per cent of the province's homicide victims.

"Behind these grim statistics lies violence," said Wynne. "Behind these grim statistics lie the heartbreaking stories of mothers, sisters, daughters, aunts and grandmothers that we've lost."

For decades, governments across Canada "shamefully" neglected the deep wounds inflicted upon indigenous communities, added Wynne.

"An entire society looked the other way, or worse, shrugged our shoulders as too many First Nations, Metis and Inuit women continued to experience violence, go missing or be murdered," she said.

The provincial strategy, called Walking Together, includes \$80 million for a well-being program to support indigenous families in crisis and help communities deal with the effects of inter-generational violence and trauma.

THE CANADIAN PRESS



Ontario Premier Kathleen Wynne JUSTIN TANG/THE CANADIAN PRESS FILE

FORMER PREMIER

McGuinty portrait hangs at legislature

Former premier Dalton McGuinty returned to the Ontario legislature last night for the unveiling of his official portrait.

McGuinty has maintained a low public profile since he resigned in October 2012 in the middle of a scandal over his government's decision to cancel two gas plants at a cost of up to \$1.1 billion.

He published an autobiography last year in which he blamed "experts" who picked the Mississauga and Oakville sites for the gas plants that his government cancelled just days before election day in 2011.

McGuinty is a senior adviser to the Waterloo-based education technology company Desire2Learn, serves on the boards of two other companies, and recently resigned as a consultant for Pricewaterhousecoopers.

Collingwood-based artist Istvan Nyikos painted the McGuinty portrait, which will be hung outside Premier Kathleen Wynne's second floor office, displacing the portrait of former premier Ernie Eves.

Nyikos also did the portraits of former premiers Bill Davis and Mike Harris. THE CANADIAN PRESS

IN BRIEF

Quebec boosts daycare

The Quebec government will inject an additional one-shot \$60 million into the province's daycare network to help offset far more radical cuts to the system.

Government funding for daycare centres is being chopped by \$120 million a year as part of the

province's drive to balance its budget. Of the \$60 million, \$41 million will go to the public network and \$19 million will be allocated to the private system.

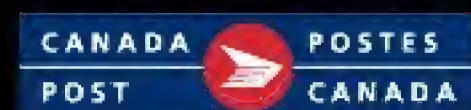
The money is aimed at helping them cope with the looming cuts, Family Minister Sebastien Proulx told a news conference Tuesday. THE CANADIAN PRESS

THEY CAME. THEY PITCHED. THEY GOT A DEAL.



THE UPDATE SPECIAL

Presented by



TONIGHT **8** 

Summit promotes equitable transport

PUBLIC SERVICE

Focus on value and lack of accessibility



Emma Jackson
Metro | Ottawa

There's no point having transit nearby if it's not affordable and doesn't take you where you

need to go. That was the message from advocates at the Sustainable Transportation Summit at city hall Tuesday morning.

The theme this year was equitable transportation, and speakers focused on how Ottawa's transit network continues to be out of reach for many vulnerable residents.

At \$3.55 per adult, our cash fares are among the highest in the country, said Linda Lalonde of the Ottawa Poverty Reduc-

tion Network. And the system is overwhelmingly geared to getting commuters in and out of the downtown. Off-peak service, particularly at night, is lacking and in some places doesn't exist at all, Lalonde said.

The summit also considered pedestrian and cycling barriers: missing pathway links, or uncomfortable crosswalks that put people with mobility issues at a disadvantage.

So how can Ottawa build

\$3.55

Cost per adult for a ride on Ottawa public transit. It's one of the highest rates in Canada.

equity into Ottawa's sustainable transportation system? That's what participants spent the morning discussing, using

trailblazing municipalities for inspiration.

Portland, Ore., for example, prioritizes cycling connections in low-income neighbourhoods. Bogota, the capital of Colombia, has also pumped money into its 340-kilometre cycling network, vastly increasing mode share and better serving low-income areas.

On all modes, Ottawa's already off to a good start, said Trevor Haché of the Healthy Transportation Coalition.

The city's winter cycling network was expanded to 40 kilometres this season, for example. OC Transpo is considering a low-income transit pass to help more vulnerable people than the current community pass.

And next week the transportation committee will decide whether or not to study implementing user fees for roads.

"There's some positive things that are happening and we want to build on that," Haché said.



Presto offers transit usage reports at tax time to help customers claim their transit tax credits. EMMA JACKSON/METRO

METROLINX

Presto customers wait on tax reports

As Canadians get organized for tax season, at least one Presto user is waiting for the electronic fare system to catch up.

Overbrook resident Mady Wilson says it's "fairly late" for Presto to be issuing its transit usage reports, which will be ready March 1. That's several days after the Feb. 28 deadline has passed to issue T4 slips and other official records.

The electronic fare company run by Metrolinx generates reports for registered Presto card users to help them calculate their public transit tax credit.

But March 1 is cutting it close, said Wilson. "I've received (slips) for everything except Presto," Wilson said. But Presto's not obligated to provide the report,

spokeswoman Vanessa Barrasa said.

And the March 1 deadline is actually doing latecomers a favour: It gave them until Jan. 31 to register their card and retroactively access last year's records.

"This date provides flexibility for customers ... and ensures all latent transactions are captured," Barrasa said in an email. The tax credit applies to long-term passes and some e-purse transactions, if the users tap their card at least 32 times in 31 days.

It rebates up to 15 per cent of your total transit costs. For a monthly pass holder in Ottawa, that could mean a \$185 return. The deadline to file income taxes is April 30.

EMMA JACKSON/METRO

IN BRIEF

Planning committee approves Lowertown heritage building teardown

Ottawa Community Housing is one step closer to demolishing a heritage building in Lowertown.

The planning committee approved the social housing provider's plan to tear down the decrepit building at 171 Bruyere St. and replace it with a "parkette" — or a mini park with pergolas, low benches and walls.

"We felt that was the best use of the public funds that will be available to us," said

Cliff Youdale, of Ottawa Community Housing, before a planning committee on Tuesday. Upkeep would drive up operating costs, he said. The exterior cladding, foundation and rotting beams would need about \$250,000 worth of repairs.

Arguing against the proposal, city staff say the building is worth preserving.

Coun. Jeff Leiper agreed. His was the only dissenting vote on the matter.

Council has the final say. LUCY SCHOLEY/METRO

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Gates likes family focus

FEDERAL CABINET

Philanthropist wants men to follow lead of McKenna

Philanthropist Melinda Gates says she wants to see male Liberal cabinet ministers follow Environment Minister Catherine McKenna's example by booking a few hours of early evening time exclusively for their families.

Gates, who believes that helping women and girls succeed will alleviate global poverty, says it would set an even stronger example if a man followed McKenna by turning off the phone between 5:30 p.m. and 8 p.m. to focus exclusively on family.

"I'm thrilled she's saying that and doing that because it takes courage, but ... it's going to take men also doing and saying the same thing," Gates told The Canadian Press on Monday.

Gates released her annual letter on international development late Monday as part of

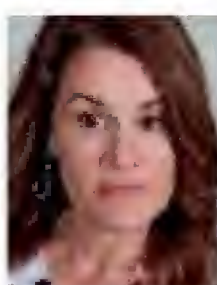
her ongoing work with the philanthropic foundation she started with her husband Bill, the co-founder of Microsoft.

As it has in the past, the Gates' letter emphasizes the need to reduce carbon emissions and find ways to help the world's poorest.

On the latter issue, she said she had a long discussion with Prime Minister Justin Trudeau at last month's World Economic Forum in Davos and said she is genuinely impressed with where he wants to take Canada on the world stage.

She commended Trudeau's decision to carry on with Stephen Harper's maternal and newborn child health initiative, including its one new wrinkle — removing the former Conservative prime minister's ban on funding family planning projects that use contraception.

THE CANADIAN PRESS



Melinda Gates
AP PHOTO

ROLL UP THE RIM

Tims to honour woman's stolen prize

A woman who posted a photo of her prize-winning Tim Hortons cup on Facebook has said she will be able to claim her \$100 prize after all.

Margaret Coward of Conception Bay South, N.L., said one of her 900 Facebook friends spotted the security number on the rim of her cup in the photo she posted and claimed the \$100 prize ahead of her.

"My main thing out of this is not to try to get the \$100 Tim's card, it's (to tell) people: be aware," Coward told Torstar News Service in a telephone interview Tuesday morning.

She said a Tim Hortons customer service manager contacted her this week and said that she was "the rightful owner" of the winning cup.

Coward said she plans to fill out a form and send the winning rim to the company to claim her prize.

"We introduced the PIN code feature to allow winners the chance to collect their \$100 TimCard prize online, as an alternative to mailing in the winning tab," Jodi Bond, director communications for Restaurant Brands

International, the brand's parent company, told Torstar in an email.

"As these are unique PIN codes, we do not encourage our guests to post images of their tabs on social media until they have redeemed their prize."

Coward said she didn't know the Roll Up the Rim gift card award could be claimed online, nor did she know which of her 900 Facebook friends took the prize.

She said all she wants now is for others to

know not to post their winning cups online.

"The main thing is don't post your winning cup and just be careful of what you post because sometimes your friends aren't really your friends," she said. "There's something to be learnt and I've learnt."

And what does she plan to do with her winnings? Take her husband and three children

out for lunch — her treat.

TORSTAR
NEWS
SERVICE



Margaret Coward won a \$100 Tim Hortons card on a Roll Up the Rim cup but a Facebook "friend" claimed her prize before she could. PAUL DALY/THE CANADIAN PRESS

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HALIFAX

Brewery introduces Obama-inspired beer



Haley Ryan
Metro | Halifax

A brewery in Halifax, N.S. has poured out a welcome glass for the community in a message to residents that "we're here for you."

Joshua Counsil, co-founder of Good Robot Brewing, said they had decided to make about 40 litres of honey porter inspired by President Obama's homebrew (dubbed Ale to the Chief) to have during an event celebrating Black History Month, considering the prominent history of the area's black community.

Evelyn White, a

Good Robot patron and journalist, said she thought the Obama beer was a great idea for celebrating black history, especially since that culture brought her from British Columbia to Halifax in the first place.

Sipping the dark beer, White said the taste was rich with some sweetness, and clearly had some chocolate and malt tones — adding with a smile "Obama and Michelle would be proud."

As a self-described child of the 60s and beneficiary of the Civil Rights movement, White said it's "deeply moving" to see a shift towards Obama's presidency and meeting young people like those at Good Robot who "don't harbour the preconceptions about race."



Evelyn White smiles after drinking some of Good Robot's Ale to the Chief brew Tuesday, in Halifax, N.S. JEFF HARPER/METRO

IN BRIEF

Teen arrested in stabbings

A 14-year-old girl was taken into custody Tuesday after a chaotic scene at a suburban Toronto high school that left six students and two teachers with non-serious injuries. Sgt. Bill Calder of Durham Regional Police said officers were called to Dunbarton High School in Pickering, Ont., at 8:32 a.m. in response to reports of a stabbing. Four people were transported to hospital for treatment.

THE CANADIAN PRESS

Man who beheaded bus passenger seeks new life

A man who beheaded a fellow passenger on a Greyhound bus in Manitoba has changed his name and wants to leave his group home to live independently. Vince Li appeared before a Criminal Code Review Board on Monday under the new name of Will Baker. A decision by the board is expected by the end of the week. THE CANADIAN PRESS

Vancouver big on mobility

Vancouver is on the hunt for a company to design a series of transportable housing units the size of a shipping container, aimed at getting people off the streets. THE CANADIAN PRESS

Gitmo may shut down

HUMAN RIGHTS

Time to close site, move detainees to U.S.: Obama

U.S. President Barack Obama on Tuesday vowed to "once and for all" close the detention centre at Guantanamo Bay, Cuba, and transfer many detainees to a facility in the U.S., submitting a plan short on specifics.

The facility for years has raised legal questions, become a recruitment tool for violent extremists and garnered strong opposition from some allies abroad.

"I don't want to pass this problem onto the next president, whoever it is," Obama said, in an appearance at the White House.

Obama's proposed path to closure remained unclear. It leaves unanswered the question of where in the U.S. a new facility would be located and whether it could be completed by the end of Obama's term.

Moving detainees to U.S. soil is currently prohibited under U.S. law and lawmakers aren't keen to remove restrictions.

House Speaker Paul Ryan, R-Wis., said Obama had yet to convince Americans that moving detainees to U.S. soil is "smart or safe."

The proposal underscores the administration's strategy of shrinking the population, hoping the massive cost for housing the diminished population would ultimately make closure inevitable.

Under the plan, roughly 35 of the 91 current detainees will be transferred to other countries in the coming months, leaving up to 60 detainees who are either facing trial by military commission or have been determined to be too dangerous to release but are not facing charges.

Those detainees would be relocated to a U.S. facility that could cost up to \$475 million to build, but would ultimately be offset by as much as \$180 million per year in operating cost savings. THE ASSOCIATED PRESS



SCHOOLED IN HOSTILE CONDITIONS A Palestinian teacher leads a class of Bedouin children from the Abu Anwar community near the Jewish settlement of Maale Adumim, in the background, Monday. Last week, the Israeli Army dismantled prefab classes and homes built with a donation from the French government, forcing children to attend their class outside without any infrastructure. AHMAD GHARABLI/AFP/GETTY IMAGES

IN BRIEF

Deadline approaches for eviction of migrants

Belgium temporarily imposed border controls Tuesday to fend off a feared wave of migrants as a French court pondered whether to allow the evacuation of a muddy, makeshift migrant camp in Calais. were facing an expulsion THE ASSOCIATED PRESS

Motive for Kalamazoo shootings unknown

Murder suspect Jason Dalton appeared briefly in court by video link and was charged with six counts of murder, which carry a mandatory life sentence. A judge denied bail for the 45-year-old former insurance adjuster, who admitted to investigators "that he took people's lives." THE ASSOCIATED PRESS

Zookeepers' love triangle spat ends up in court

A former meerkat expert at London Zoo was cleared Tuesday of assaulting a monkey handler in a love spat over a llama-keeper. THE ASSOCIATED PRESS

TONIGHT

THE TRUTH WILL TEAR THEM APART

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Driving the blood faster

HEALTH

Toyota helps organization improve its workflow

When Canadians talk about ways to improve the country's health care, it's usually Swedish hospitals or U.K. regulations used as examples.

But it's the assembly lines of Japan that are proving to be the unlikely role model for how Canada can get donated blood to hospitals faster.

Toyota Canada is teaching the Canadian Blood Services (CBS) about the philosophy behind its manufacturing, and how the blood services packs, processes and ships the blood at its distribution centres.

So far, the process has saved CBS an hour at its Brampton, Ont., manufacturing and distribution centre, the largest one of nine in Canada. That hour is crucial time when it involves patients in need of a blood transfusion, Rick Prinzen, chief supply chain officer for CBS, said.

"These are life-saving products, so you can imagine in an ER setting where they need the product immediately, that hour can make a big difference," Prinzen said.

Driving the change is the



Toyota Canada is revamping the Canadian Blood Services distribution centre in Brampton, Ont., to make their blood screening and processing more efficient. TORSTAR NEWS SERVICE

Toyota Production System, which the company regularly teaches to non-profits and small businesses. Canadian Blood Services is the latest big recipient.

The system is part philosophy, part supply-chain technique, and focuses on small improvements such as the number of steps employees make, in order to make a production more efficient.

Apart from saving lives, time is also crucial when some of the products CBS produces go bad very quickly. Blood platelets,

for example, have a shelf life of five days, and must be moved constantly to prevent clumping.

The Brampton centre supplies 105 hospitals, including all the major ones in Toronto. Many of those hospitals have major trauma centres, which are constantly in need of blood. The centre in Brampton alone delivers about 57,500 litres of plasma protein products each year, according to the CBS.

"(Hospital) supplies may not be sufficient to deal with that

trauma event. So they need replenishment within hours," Prinzen said.

Maura Smith, general manager of Toyota Production System Support Centre, the not-for-profit that helps other businesses and charities learn the Toyota Production system, said Toyota's aim is to let CBS figure out the process for themselves.

"We don't want to come in and tell them what to do or make changes. We want to de-

+ TOYOTA PROCESS

Walking distance

Toyota rearranged the CBS workspace so each blood pack moved in a circle from beginning to end, cutting the number of employees' steps by 30 per cent.

Packing

The distribution area was revamped so problems are more visible, discouraging things like using another employee's printer, and speeding up the process by 40 per cent.

Ice time

The storage system was standardized, so blood packs go into the same area in each freezer to save time.

55%

The percentage of a single blood donation that turns into plasma, which is usually used in blood transfusions.

127K

The size, in square feet, of the Canadian Blood Services manufacturing site in Brampton, Ont.

332

The number of employees at the Brampton manufacturing site.

57K

The amount of blood plasma protein products shipped from the Brampton site each year is about 57,500 litres.

FOOD

Produce box companies think local

Fresh fruit and vegetable prices may be climbing at a rapid rate, but the costs of food delivery box subscriptions are holding steady as economic and weather forces align to make local food a better deal.

"You haven't seen the increased prices on local foods, locally produced foods in the

way you have for imports," said Ran Goel, who founded the Greater Toronto Area's Fresh City Farms in 2011.

Fresh City Farms is one of many food box subscription companies to offer regular deliveries of pre-selected or customized produce.

In January, food costs for

Canadian households were four per cent higher than they were at the same time a year earlier, according to Statistics Canada's latest consumer price index. Fruits and vegetables fuelled the hike, rising by 12.9 and 18.2 per cent respectively.

Fresh City Farms packs its produce bags with an average

70 per cent locally grown food over the year.

For example, the company's boxes include potatoes — Ontario's largest fresh vegetable crop, according to the Ontario Potato Board. The humble spud actually cost



5.4 per cent less last month than in January 2015, according to Statistics Canada. THE CANADIAN PRESS

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION
I've been happily married for three years. My wife has no problem telling everyone we met online, but I don't feel comfortable revealing that. I don't think people should ask. What do you think?

Dear Ellen,

I have been happily married for three years, and my wife and I are now the happy parents of a two-year-old girl. My question is about what to tell people when they ask how we met. My wife has no problem telling everyone that we met online, but I don't feel comfortable revealing that. I don't think people should ask. What do you think?

Name withheld, Ottawa

Dear Sir or Madam,

I'm wondering if you're somewhat older than your wife, or from a generation that didn't grow up online. I've noticed a lot of people over a certain age find the idea of Internet dating faintly embarrassing, if not downright humiliating.

After researching the issue with a small focus group (consisting of me and a co-operative woman at the next table in the café where I'm writing this), my conclusion is that older grown-ups don't want to publicly advertise they're looking, in case they appear desperate; or an online predator seduces them and then cleans out their bank account; or, even worse, an old flame they still want to make jealous finds out they're pathetically scouring cyberspace in search of love.

Personally, I think young people have a more sensible approach. They're not afraid to use social media to meet their various needs. And there's no shame in acknowledging you want to share your life with someone special, so why not



© Ani Castillo

use every resource available to make it happen?

The only downside of Internet dating I can see is that it's so labour-intensive. Even with an instant-gratification app like Tinder, where you don't have to fill out miles of questionnaires, the ratio of swiping activity to meeting-the-love-of-your-life activity is astronomical. And, let's face it, you never really know if it's going to work until you're close enough to smell the person.

Nevertheless, online mate-finding works for many, as you, my anonymous friend, are aware.

I may be wrong about your age. You might be a sprightly 25-year-old who simply doesn't care to share your Internet history with anyone who asks. But I can't agree with you that people shouldn't be allowed to

ask how you met your beloved wife. It's a perfectly polite question. In fact, it's the one question that's botched to reveal what's most interesting about you, or anyone.

The story of how people fall in and out of love (the true kind, not the lust kind) is the basis of most art, literature and music for a reason — it's an endlessly fascinating mystery. Rationally speaking, it often makes no sense. Emotionally, it's the grand unified theory of everything.

I sympathize with your self-consciousness, but if you can think it through and figure out exactly what's bugging you about it, you might feel more comfortable talking about it. And the more you talk about it (within reason and to a voluntary audience, please), the less self-conscious you'll become

— as well as more conscious of all the good stuff.

Something special must have initially grabbed you about your wife's posting. I wonder how many or few other candidates you had to wade through to get to each other. What did you do on your first date, and how did those first impressions of each other compare to how well you know each other now? I know that on some level you must be grateful to the Internet for leading you to being the parent of a little girl.

By the time your daughter is old enough to be curious, you will surely have a wonderful romantic tale of your own to share with her.

Need advice?

Email Ellen:

scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Lives are ruined as we wait for indigenous incarceration reform

The Liberals, so far, are a stick-to-it government.

Removing fighter planes from Syria, as they promised. Taking on a \$30-billion deficit to keep their spending promises. Launching a missing and murdered indigenous women inquiry, as promised.

That last one is an important part of a revision of the federal government's relationship to indigenous Canadians. But there is another equally important part: reducing incarceration rates among the country's indigenous people.

This was, according to the Supreme Court, a "sad and pressing problem" back in 1999, when the court ruled in *R. v. Gladue* that judges must take indigenous people's history into account when sentencing and seek "all available sanctions other than imprisonment that are reasonable."

Twenty-five years later, the stark incarceration rates have only become starker, while white Canadians' incarceration rates fall. A recent *Maclean's* investigation into the phenomenon declared Canada's prisons the "new residential schools," finding that Canada jails indigenous Canadians at a greater rate than South Africa incarcerated blacks during apartheid.

Just last week, Quebec's ombudsman concluded an "over-reliance on the courts and the resulting incarceration does nothing to solve social problems" in a damning

report into the treatment of Inuit in detention centres. It called for greater crime prevention, social reintegration and alternatives to courts.

Howard Sapers, the Correctional Investigator of Canada, deemed the report "disturbing." That's coming from someone who's spent years calling on the government to address the high rates of indigenous incarceration, in particular among indigenous women inmates, who now make up 35 per cent of the female prison population.

The application of the *Gladue* ruling has been "uneven," he noted, and while Correctional Services of Canada has conducted training and "is probably getting better," it's still been "too slow."

Indeed, Indigenous Canadians are five per cent of the population, and if courts were making best efforts to find alternative sentences, they wouldn't be one-quarter to one-third of all prisoners.

Sapers is "encouraged" by the Liberals' statements on the issue. There's also the important fact that Jody Wilson-Raybould, an indigenous woman, is the justice minister.

We can, then, hope this decades-old problem will be meaningfully addressed. That promises for reform will be kept. As witnessed by the *Maclean's* article, and in so many other places: Lives are being ruined while the country waits.

I can't agree with you that people shouldn't ask how you met your beloved wife.

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Looking for low-risk options?

NEST EGG

Some tips for investing in a volatile market

Michelle Williams

In today's unpredictable financial market, investors are finding low-risk investments hard to come by.

"It's a tough time for investors right now due to low interest rates," says Jane Anderson, certified financial planner with Investment Planning Counsel. "If you're looking for low risk, your options are limited to high-interest savings accounts and GICs, and if invested outside of an RSP, not only are you earning low interest, you're also paying on the interest earned at your marginal tax rate. Considering inflation of up to three per cent per year, you're probably looking at a negative return on your investment."

While stocks are generally considered higher risk for higher reward, until not too long ago, some stocks were safer choices for cautious investors.

"Bank stocks are a prime example of stocks that were always considered quite safe, but today, nothing is risk-free," says Ron Dale, partner at Bonnard Dale Fried Chartered Accountants.

And there's the crux — as



Worried about market volatility? There are options out there for the cautious investor. ISTOCK

investors shy away from the volatility in the stock market, the investment options are very limited. However, if you recognize your return will be limited, there are still products for the cautious investor.

Guaranteed investment certificates (GICs)

These are one choice for risk-averse Canadians. It's a guar-

anteed rate of return over a fixed period of time and the rate varies depending on the length of the term and interest rates when you purchase.

"GICs grow at different rates depending on how long you want to lock them in for," explains Dale. "A five-year commitment will get about three per cent growth, but if the market improves, you're locked into

low interest rates. These days, some investors are looking at locking in for a year at a time."

High-interest savings accounts (HISAs)

These are savings accounts with competitive interest rates, but often with bank fees or minimums.

"If you need money in a pinch, you may be able to take

it out penalty-free. Unlike GICs where often you forfeit interest if you cash in early, interest on your HISA is calculated daily," says Anderson. "They're the best choice right now for investors requiring flexibility and capital preservation."

Canada Savings Bonds

These come with very low interest and aren't as popular as

they once were. "It's a guaranteed investment in the country, so it's seen as very safe, but the interest is extremely low, even when you take it for a longer term," says Anderson.

Risk vs. return

GICs and HISAs are low-risk options, but they also generate very low return on your investment.

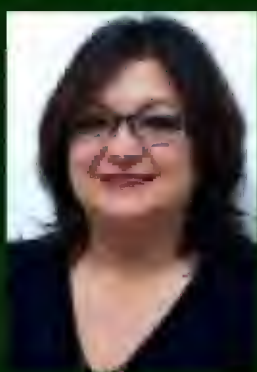
"If you're making RSP contributions and you invest the money into GICs and HISAs, you've chosen the lowest risk but least rewarding options," explains Dale. "However, some people in this unstable market are just happy to maintain their investment and get the RSP tax deduction. It has to be what works best for you."

Those who are investing with a longer time horizon (10 years or more) may wish to invest in some of the more stable stocks and bonds.

"There's certainly no guarantee that these investments won't lose value from time to time and you may have to wait through the down times," says Anderson. "But if you have a long-term investment horizon, even those with low risk tolerance could explore an appropriate asset allocation strategy, including stocks and bonds."

Dale's advice for those looking for the safe option: "This may be a good time to buy RSPs and wait with them in low-risk short-term investments until the market corrects."

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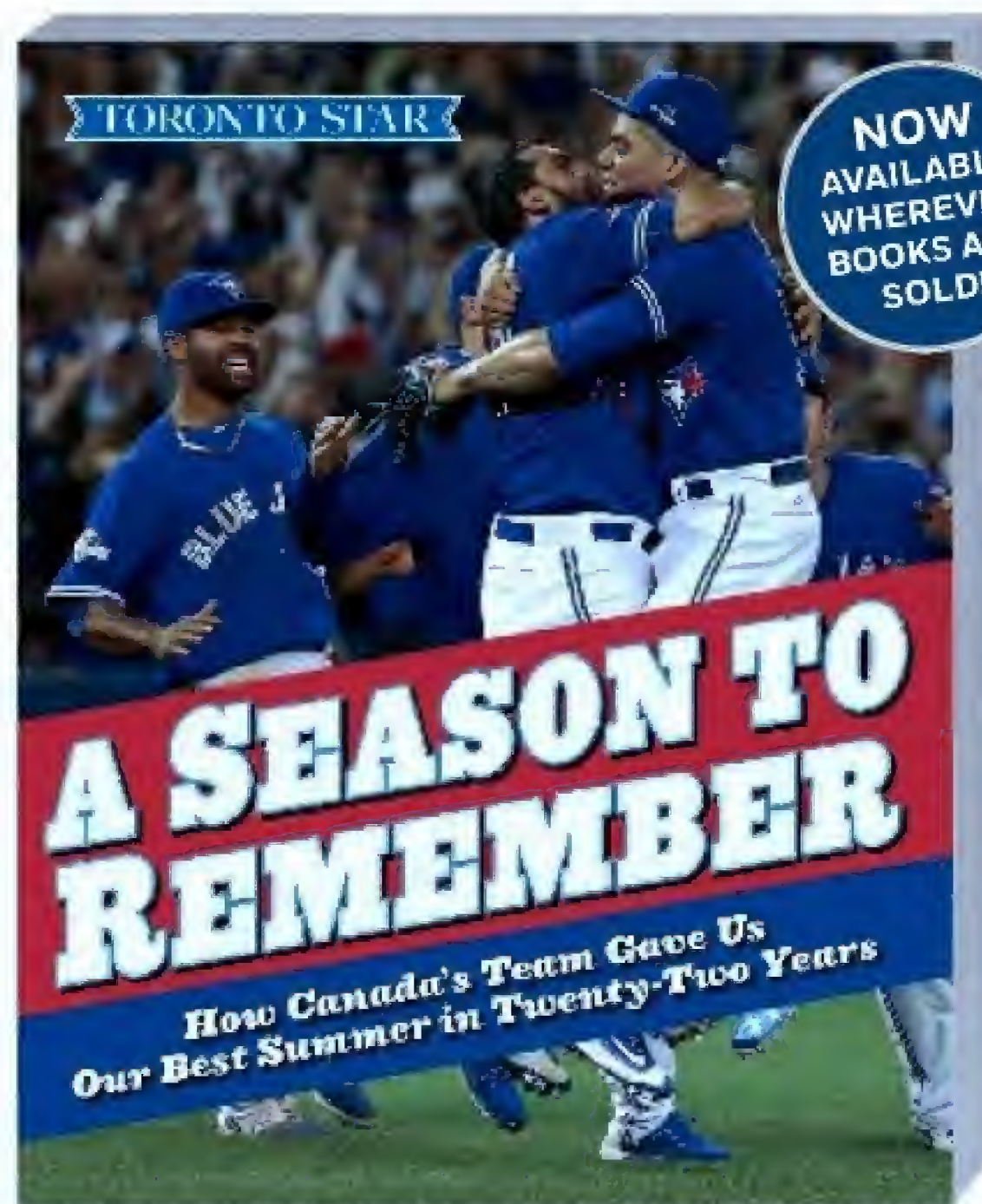
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Apps fit for red carpet noshing



Forget the party mix, these bacon-toasted pecans will add a touch of class to your Oscar party. THE ASSOCIATED PRESS

RECIPE

Bacon-toasted nuts

Don't even think about serving that old classic "party mix" at your Oscars party.

This isn't an eight-year-old's birthday party. This is red carpet material, even if it's in your living room. So it's time to class up your party mix act. And with this recipe for spiced bacon pecans, you'll have no trouble. We start with bacon because, well, because all good things start with bacon. Once the bacon is nice and crispy, all you have to do is toss in some pecans and a whole mess of seasonings. A bit of brown sugar ties it all together.

Spiced Bacon Pecans
Start to finish: 15 minutes
Makes 2 1/2 cups

Ingredients

- 4 strips bacon, diced
- 2 cups pecan halves
- 1/2 teaspoon cinnamon
- 1/4 teaspoon cayenne
- 1/2 teaspoon flaked salt

- 1/2 teaspoon ground black pepper
- 3 tablespoons brown sugar

Directions

1. Line a rimmed baking sheet with kitchen parchment.

2. In a large skillet over medium heat, cook the bacon until almost crispy.

3. Add the pecans and toss to coat thoroughly, then cook, stirring frequently, until evenly toasted, 2 to 3 minutes.

4. In a small bowl, combine the cinnamon, cayenne, salt, pepper and brown sugar. Toss with the bacon and pecans and cook for another minute.

5. Spread out on the prepared baking sheet and allow to cool fully. Store in an airtight container at room temperature.

THE ASSOCIATED PRESS

RECIPE

Bread-based tartlets carry a Hollywood healthy salad

THE OSCARS

Finger food can be tricky for the healthy eater. Tiny bites that explode with flavour often are loaded with empty calories and little nutrition.

If you're not paying attention at a party, you can easily inhale a day's worth of calories, just because, well, you're hungry. But what if we made finger food a little healthier? That's what this Oscar recipe is — a salad stuffed with protein and veggies, but turned portable thanks to a little secret for making a better-for-you crispy tart crust.

Compared to a butter- or shortening-filled pie crust, a simple slice of white bread is a great compromise. White bread squished flat until doughy, then sprayed lightly with olive oil and baked in a muffin tin makes an amazing crust.

Salade Nicoise Tartlets
Start to finish: 45 minutes
Makes 10 tartlets

Ingredients

- 10 slices of white sandwich bread, crusts removed
- Olive oil cooking spray
- Kosher salt and ground black pepper
- 1 teaspoon Dijon mustard
- 1 tablespoon red wine vinegar

egar

- 1 tablespoon lemon juice
- 2 tablespoons olive oil
- 1 teaspoon chopped fresh thyme
- 10 small cherry tomatoes, quartered
- 1 cup chopped romaine lettuce
- 1/4 pound thin green beans, steamed to crisp-tender and roughly chopped
- 5 small new or baby potatoes, cooked and thinly sliced
- 5-ounce can oil-packed tuna, drained
- 2 hardboiled eggs, chopped
- 2 tablespoons chopped marinated olives
- 1 tablespoon chopped fresh chives

Directions

1. Heat the oven to 375 F.

2. Use a rolling pin to flatten the bread slices until doughy and thin. Spritz both sides of each slice with olive oil cooking spray, then sprinkle light with salt and pepper.

3. Press each slice into a muffin tin cup. Bake until golden, about 13 minutes. Remove the bread cups from the pan, then set aside to cool on a rack.

4. Meanwhile, prepare the salad. In a medium bowl, whisk together the mustard, red wine vinegar and lemon juice. Drizzle in the olive oil, whisking into a vinaigrette. Add the thyme and season with salt and pepper.

5. Set aside half of the vinaigrette to use later. Add the



These Salade Nicoise Tartlets are only 220 calories each.
THE ASSOCIATED PRESS

tomatoes, lettuce and green beans to the remaining dressing and toss to coat.

6. Once the tartlet crusts are cooled, layer the sliced potatoes on the bottom of each

cup. Top the potatoes with the tomato mixture, then the crumbled eggs, tuna, chopped olives and chives. Finish each with a drizzle of dressing over the top.

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When in doubt, make cupcakes

RECIPE

A master baker shares her secrets for the perfect treat

Toronto's Prairie Girl Bakery owner Jean Blacklock is adamant her confections be baked from scratch using fresh eggs, good-quality chocolate and salted butter, not shortening. "Shortening is very much cheaper, but it has a really different texture and cheaper baked goods use it, but I think it's a real trade-away. "It gives you an odd mouth feel and not the same flavour as butter," she says. "Either way it's going to be the same calories, that's what I always think... I'd rather have something that tastes great."

In her new book, *The Prairie Girl Cupcake Cookbook*, she offers 50 recipes for cupcakes and icings, along with tips and tricks to get the best results. "On a real practical basis, one of the keys to success that I find in terms of baking is to try to bring your ingredients to room temperature especially something like butter," says Blacklock.

"I find even eggs, out of the fridge an hour just to help the whole batter come together and incorporate, is a little tip."

Blacklock's recipes can be used to make three different cupcake sizes. You can make 36 minis, just enough for a sweet indulgence, 18 regular size cupcakes or 12 large Prairie Girl-size treats.

The first two sizes require two pans if baking the entire batch at the same time, while the Prairie Girl-size cupcakes are made in crown muffin pans, available at specialty kitchen and restaurant supply stores or online.

For icing, a piping bag and star tip are used at the bakery, but at home a table knife and offset spatula will work.

Here are some recipes from *The Prairie Girl Cupcake Cookbook* to try at home:

Banana Cupcakes

Makes 36 minis, 18 regulars or 12 Prairie Girl-size cupcakes.

Ingredients

- 500 ml (2 cups) all-purpose flour
- 10 ml (2 tsp) baking powder
- 5 ml (1 tsp) baking soda
- 2 ml (1/2 tsp) salt
- 6 ml (1 1/4 tsp) ground cinnamon
- 2 ml (1/2 tsp) ground nutmeg
- 175 ml (3/4 cup) white sugar
- 125 ml (1/2 cup) salted butter, room temperature
- 5 ml (1 tsp) vanilla extract
- 2 eggs
- 375 ml (1 1/2 cups) ripe mashed bananas (about 4 large)
- 250 ml (1 cup) 3.5 per cent butter-milk

Directions

1. Preheat oven to 180 C (350 F).

2. In a medium bowl, combine flour, bak-

ing powder, baking soda, salt and spices and whisk together. Set aside.

3. Using a stand mixer fitted with whisk attachment and set on medium-high speed, cream sugar, butter and vanilla until fluffy, about 8 minutes. Stop mixer twice during that time to scrape down sides of bowl.

4. One at a time while mixer is on medium speed, add eggs. Beat for an additional minute or until fully blended.

5. Stop mixer and add mashed bananas. Mix on low speed for 1 minute, scraping down sides of bowl once. The mixture will look curdled.

6. Remove bowl from mixer and, using a wooden spoon, alternately add in flour mixture and buttermilk. Begin and end with flour mixture, and make sure not to overbeat batter.

7. Place cupcake liners in cupcake pan(s). Using a large spoon, divide batter equally among the liners. If making mini or regular cupcakes, fill each liner three-quarters full. If making Prairie Girl-size cupcakes, you can fill each liner to the top (the "crown" in the pan allows the cupcakes to rise and not overflow).

8. Bake in preheated oven for 11 to 12 minutes for mini cupcakes, 15 to 16 minutes for the regular size or 18 to 19 minutes for Prairie Girl-size



Prairie Girl Bakery owner Jean Blacklock says the secret to baking a good cupcake is letting the butter and eggs warm to room temperature before mixing in the batter. THE CANADIAN PRESS

cupcakes. When done, cupcakes will be rounded and tops will spring back when lightly touched. If there is a raw circle in the centre, the cupcakes likely need a minute or two of additional baking time.

9. Let cupcakes cool in pan(s) for 10 minutes until they can be easily removed to a rack. Let cupcakes cool completely on the rack before icing.

Strawberry icing

- 375 ml (1 1/2 cups) salted butter, room temperature
- 175 g (6 oz) brick-style cream

cheese, room temperature (3/4 of a 250-g package)

- 75 ml (1/3 cup) powdered freeze-dried strawberries
- 30 ml (2 tbsp) whipping cream (35 per cent fat)
- 10 ml (2 tsp) vanilla extract
- 1.5 l (6 cups) icing sugar

Directions

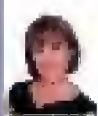
1. In bowl of a stand mixer, place butter, cream cheese, strawberries, cream, vanilla and 750 ml (3 cups) of the icing sugar. Using whisk attachment, beat on low speed until all ingredients are com-

bined, about 3 minutes. Stop mixer twice to scrape down sides of bowl with a rubber scraper.

2. With mixer on medium speed, add remaining icing sugar 250 ml (1 cup) at a time. Stop mixer twice to scrape down sides of bowl, folding from bottom until everything is blended. This should take about 5 minutes in total.

3. Increase speed to medium-high and beat icing for an additional 4 minutes.

4. Frost or pipe icing onto cupcakes. THE CANADIAN PRESS



ROSE REISMAN THE SAVVY EATER

THIS WEEK: Breakfast-on-the-go

Greek yogurt, fruit and a crunchy topping sounds like a well-rounded, tasty breakfast but grabbing it on the go can give you a sugar rush.

PICK THIS

Blueberry Oikos Greek Yogurt (served with 1 tsp pumpkin seeds)

Calories 120
Fat 3.5 g
Sugars 10 g
Protein 9 g



SKIP THIS

Tim Hortons Vanilla Greek Yogurt with Mixed Berries and Almond Granola

Calories 270
Fat 5 g
Sugar 25 g
Protein 13 g



HERE'S WHY

Equivalent to 5 Nature Valley Berry Granola Bars in sugar

You've heard the old adage — breakfast is the most important meal of the day. Starting the day with Greek yogurt, fruit and granola sounds like a balanced mix of protein, fruits and carbohydrates, but the versions found at breakfast spots like Tim Hortons contain excess sugar from the granola. Oikos makes a fruit-flavoured yogurt — add a sprinkle of seeds or nuts to replace the crunchiness of the granola and save in calories, fat and sugar.



DRINK PICK

Portuguese red delivers tasty new-wave flavours

Portugal flies so far under the radar of most wine drinkers that, unless you're Portuguese, it barely registers. With fortified port, Vinho Verde whites and Mateus rosé its stock in trade, Portugal comes across as more of a novelty act than a "serious" winemaker.

That's why its tasty reds top my list as the most undiscovered wines on liquor store shelves. First produced in 1850, José Maria da Fonseca Periquita Original (\$7.79-\$12.49) was Portugal's first branded wine.

The 2013 vintage, made from a blend of Castelão, Trincadeira and Aragonês, is a smooth, lightly tannic mix of wild dark berries.

PETER ROCKWELL/METRO

JOHANNA SCHNELLER
WHAT I'M WATCHING

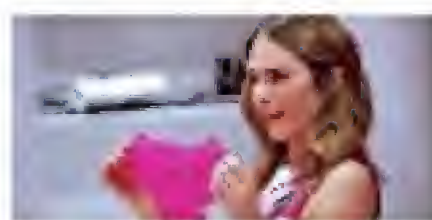
Getting panties in a selfie

THE AD CAMPAIGN: MTV and U by Kotex team up to Save the Undies (MTV, Much, E! and VEVO)
THE MOMENT: The Undie Waving

In four one-minute spots, attractive young women stand in a dressing room, answer questions about their periods, and take duck-face selfies with their panties. Seriously.

Maripier Morin, identified as "Montreal It Girl," reveals that she wears different types of panties for work and sleep (gasp!). E! reporter Liz Trinnear announces that, when she's on her period, "If I want that chocolate, I'm going to eat that chocolate." She also debunks the myth that one shouldn't dye one's hair during "that time." "I talked to my hairdresser about this last night!" she cries passionately.

The Baker Twins, ID'ed as "Much Digital Studios creators," confide that they wish someone had taught them to use a tampon. Tasha Leelyn, also a Digital Studios creator, proclaims that



Kotex ad. YOUTUBE SCREENGRAB

her "period spirit animal" is a tiger, and advises, "Be proud of your undies. It's part of being a girl."

Is this campaign a healthy embrace of female biology, or the ultimate end point of narcissism? Do we really need to fetishize every single thing that happens to us? What's next, Airwick celebrates breathing with its "You breathe, girl!" campaign?

In the text that accompanies these ads on MTV's website, a Kimberly Clark spokeswoman avers, "Women across Canada lose millions of pairs of underwear each year due to failed period protection" — a sentence so solemn, it's almost parody. Infomercials like these seek to erase the line between telling us something and selling us something, leaving only a faint, rusty stain to remind us it was ever there.

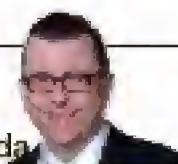
Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Film as metaphor

TOUCHED WITH FIRE

Paul Dalio uses film to explore beauty, horror of being bipolar

Richard Crouse
For Metro Canada



Touched with Fire stars Katie Holmes and Luke Kirby as two poets with bipolar disorder. It's the work of Paul Dalio who wrote the screenplay, directed, edited and even wrote the musical score.

"The film was kind of a metaphor for my story," he says. "It was my struggle to come to terms with all this beauty that I found in this thing and all this horror I found in this thing. And how you reconcile that. It took the form of these two lovers who each represented a different aspect of it. As these two lovers pursue their love it goes back and forth between agony and ecstasy. They have to come to terms with it."

Dalio's issues with mental health began when he was in



Katie Holmes and Luke Kirby in Touched with Fire. CONTRIBUTED

his undergrad years for Dramatic Writing at New York University.

He describes breaking into a "hypomaniac state when I was experimenting with marijuana," which he used as a "creative catalyst."

"I didn't know at the time if you have the bipolar gene and you smoke marijuana it actually pushes your mind into a hypomaniac state," he says. "It makes you temporarily more creative with a quicker mind. At first it was thrilling. It got to the point where my fingers couldn't keep up with my mind. I had to use a voice recorder. Then my thoughts started overlapping and my mind couldn't keep up with my thoughts. I would go

for runs with the voice recorder to try and speed my mind up to keep up with these overlapping thoughts."

"For a while my professors started to really praise my work, saying it was brilliant, which they never had before. I felt like I was tapping into some kind of divine illumination. I started to think I was experiencing God. Visions from God."

Soon the creativity that once seemed like a gift "took the form of a demon that was inside of me. Possessing me, laughing at me and my mistakes."

Dalio spent four years gripped by suicidal thoughts and manic behaviour until realizing, "I couldn't put my family through

▶ **SANITY/LOVE**

Seed of the film is sown

Director Paul Dalio and his wife cinematographer/producer Kristina Nikolova were in Bulgaria nearing the end of production on her movie Faith, Love and Whiskey. She asked him to write a story for her to direct and as she remembers he said, "How about two crazy people meeting in a psychiatric hospital and they have to basically choose between sanity and love?" She said, "Wow, that's a great idea, but it's your story."

that anymore so I had to resign myself to living numb on medication and just getting by."

A meeting with author Kay Redfield Jamison whose book Exuberance: The Passion for Life explores the mind's pathologies convinced him that he could live and work creatively on his medication.

"She said she experiences exuberance all the time and I absolutely will if I am patient. She also said she doesn't know one artist who isn't more creative after bipolar than before bipolar as long as they are on the meds. It changed everything. It gave me hope. I had something to fight for then."

FILM BRIEF

Jutra sculpture vandalized

Vandals have defaced a sculpture named after disgraced Quebec film director Claude Jutra. The work, by the late Charles Daudelin, had the words "Pape Pede" scrawled in red graffiti on it at a Montreal park that also bears Jutra's name. "Pape

Pede" translates roughly as "dirty old pedophile."

A Jutra biography released last week said he slept with boys believed to be 14 or 15 and Montreal La Presse published interviews with two men who were even younger when they were allegedly abused.

Montreal Mayor Denis Coderre said last week the city planned to change the name Claude-Jutra Park and remove the now-vandalized statue. Jutra's name was also stricken last week from Quebec and Canadian film awards named for him.

THE CANADIAN PRESS

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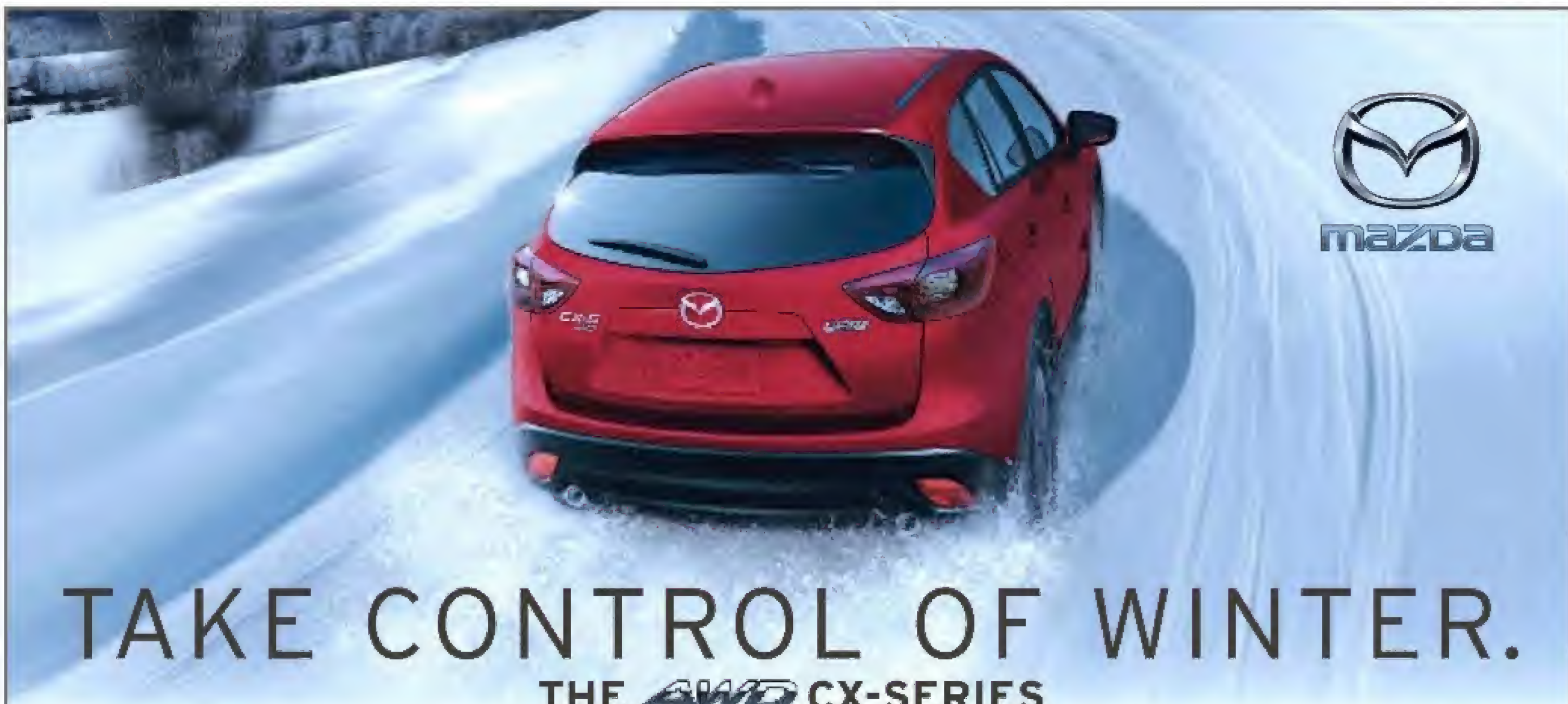
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Feisty and smart

REVIEW

Think less cute, more punk for 2016

Mike Goetz
For Metro



Virtually every time a nameplate gets a major design overhaul, it gets a little bigger.

Not the smart. Ever since its initial introduction back in '98, Mercedes-Benz has heard people constantly question why

anybody would need a car this small. But this never seemed to detract from the commitment Mercedes-Benz has had, and continues to have, for smart's tiny-car format.

This third-generation version debuting for model-year 2016 is still only 2.69 metres long. Of course, it is designed to thrive in congested cities, where parking is at a premium, and priced by the foot. Canadian urban centres are not yet so packed, so going with the smart would seem more of a lifestyle choice.

There is no denying this is a very economical, green, and "short" way to stand out from the crowd.

If you've always been intrigued by smart, and those unique suite of attributes, the 2016 model represents a great time to jump on the smart train.

For one thing, it now has an automatic transmission (a dual-clutch type) that actually feels like a regular automatic. The previous one was famously jerky.

For another, overall on-road refinement is way up. For a car with such a small wheelbase, and such a small overachieving three-cylinder engine, it feels remarkably stable, comfortable, and free of vibration. Only when the pavement gets really rough does the little car feel a bit jittery.

Performance is more than adequate. I don't know if it's just me, but I've always looked forward to jumping into a smart. Turning is quick and it boots around town in a merry way, which always seems to put a smile on my face. I also like

how the styling has evolved to match its now feistier demeanour.

The interior continues past themes of pod-like elements, and funky colour combinations. Our tester had an orange interior. Some hard plastic bits will remind you that this is not a luxury car, but what other car can give you an orange option for the interior?

While an infotainment screen is optional on high trim lines, the smart acknowledges and leverages the reality that a lot of potential buyers are now heavily invested in their smartphones, and would rather use them for infotainment purposes.

As such, smart provides a great smartphone cradle, which positions devices exactly where an in-car screen would go.

While cargo capacity has increased, it remains relatively minuscule — think carry on. This lack of utility, combined with seating for only two, keeps smart off the shopping list of a lot of consumers.

Especially as non-premium brand small cars, like Nissan Micra, Chevrolet Spark, and Mitsubishi Mirage are considerably cheaper and actually have similar or better fuel economy. For example, the combined city/highway fuel rating for the Mirage is 5.9 L/100 km, while the smart is rated at 6.9, and requires premium fuel.

But no other car looks like — inside and out — or drives like, the smart fortwo. It's a singular experience, and a fun and economical one to boot.

Long live the tiny smart fortwo.

THE CHECKLIST

2016 SMART FORTWO

THE BASICS

- **Type.** Two-door, two-passenger, RWD, rear-engine, microcar
- **Power.** Twin-turbo, 900-cc, 89-hp, inline three-cylinder
- **Transmission.** Five-speed manual, Six-speed dual-clutch automatic
- **Price.** Base \$17,300 (plus destination)

COOL FEATURES

- Smartphone Cradle positions phone for perfect sight lines, with integrated USB port and an app that connects phone to audio system.
- Crosswind Assist automatically and carefully brakes vehicle when it



MAIN: GETTY IMAGES, INTERIOR: MIKE GOETZ/FOR METRO, OTHERS HANDOUT

encounters a gust, to stabilize the vehicle and allow the driver to correct the path.

POINTS

- All-new, third-generation smart introduced to Canada in 2015.
- New styling ethos forgoes cuteness for more punk-ish attitude.
- Outrageously tiny turning circle, good for quick U-turns.

MARKET POSITION

- City car, but with premium positioning and stylish flare.
- Only 2.69 metres long, so Canada's shortest vehicle, by a long shot.
- Conceived around the concept of individual urban mobility and to thrive in congested cities.

THE COMPETITION



Chevrolet Spark
Base Price: \$11,595



Fiat 500
Base price: \$18,995



Nissan Micra
Base price: \$9,998

INNOVATION

Ford Kuga SUV's sharing-economy app is on-trend

Ford has taken the unusual step of revealing its latest compact off-roader at a mobile technology conference, rather than at next month's Geneva motor show.

However, with the amount of connected technology built into the new Kuga, the Mobile World Congress is perhaps the best venue.

"New Kuga offers cutting-edge new features and technologies that will help drivers stay connected, comfortable, safe and stylish on the road," said Joe Bakaj, vice president, Product Development, Ford of Europe.

The most notable of which is the Sync 3 infotainment system. It is getting a host of new features including better 'natural language' voice recognition so that owners will be able to converse with their cars.

It means that if the driver is looking for a fuel station or the closest branch of Starbucks, he or she simply says "I need a coffee," or "I need fuel" in order to initiate a local search and activate the navigation system.

The platform also features a new app that will let users potentially finance a journey by offer-

ing to transport a package. Called MyBoxMan, it could enable a driver to earn €5-€8 (\$7.50 to \$12) for a five-kilometre journey.

"(It) opens up entirely new ways for drivers to stay connected and even earn money," said Scott Lyons, business and partner development, Connected Vehicle and Services, Ford of Europe. "Like a ride request service for deliveries, MyBoxMan is breaking new ground in social shipping, making intelligent and efficient use of car and van capacity on trips that are happening anyway."

The car boasts a host of active

driver aids including a new parking assist feature that can recognize a suitable space as well as help a driver enter it or exit. Its emergency autonomous breaking system (called Active City Stop) has been up-

graded to speeds of up to 50km/h) and the car also gets new adaptive headlamps that base the strength and angle

of illumination on the car's speed, the direction of the steering wheel and the ambient light levels.

"Demand for SUVs is stronger than ever, and Ford is expanding its range to offer everything from rugged models with true go anywhere ability to sporty models designed to suit urban lifestyles," Bakaj said. AFP

Kuga's platform includes an app that lets users make money by transporting a package. HANDOUT



GM chases wind power

WIND FARM

General Motors invests in renewable energy

General Motors is buying energy from windmills to power the production of some of its biggest tall wagons at a factory in Texas, reports industry watchdog, Automotive News.

The automaker is buying 30 megawatts of energy from a local wind farm operated by a Spanish renewable-energy company.

"Our commitment to sustainable manufacturing processes is one way we serve and improve the communities in which we work and live," Jim DeLuca, GM's executive vice president of global manufacturing, said in a statement.

"Using more renewable energy to power our plants helps us reduce costs, minimize risk and leave a smaller carbon footprint."

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

INVESTMENTS

Ford focuses on electrification

The Detroit-based automaker will plow \$4.5 billion US into its vehicle-electrification program over the next five years to spur the production of 13 new vehicles. By 2020, the company says, 40 per cent of its nameplates will offer electrified versions. First among those new vehicles will be the next Focus Electric featuring an all-new direct current fast-charge capability that will deliver an 80 per cent charge — and a projected 160-kilometre range — in about 30 minutes. That's two hours less than it takes to deliver a similar charge to the current Focus Electric model. The new Focus Electric will offer the "Brake Coach" feature that instructs the driver on how to smoothly use the pedal to maximize the energy captured through regenerative braking.



FUELING STATIONS

Nissan imagines a new future

Nissan partnered with London architects Foster + Partners to develop a "sustainable urban master plan." Looking ahead, David Nelson of F+P said that autonomous cars, artificial intelligence and greater connectivity "will come at great pace." That experience, could involve inductive (wireless) recharging.

GT

Ford beats its chest with lightweight Gorilla Glass

Ford's built-in-Canada GT supercar will use a strong, lightweight glass developed for cell phone use in its windshield and engine cover. Gorilla Glass, developed by Corning for smartphone touchscreens is a thin and durable alternative to regular safety glass, reports AutoWeek magazine. It's also about 30 per cent lighter, while maintaining and possibly improving the safety quotient of safety glass. Ford said the glass in the windshield and engine cover will save about five kilograms in the car's overall weight.



+ IN BRIEF

Self-driving Volts to be built in Canada

A fleet of self-driving 2017 Chevrolet Volts will be built in Ontario, which is a development made possible by a "favourable regulatory environment" that exists in that province. In making the announcement, Steve Carlisle, president of General Motors Canada, predicted that autonomous vehicles would be an \$87 billion industry by 2030. But continued government support is needed for that to happen. Governments need to be increasingly involved with connected and autonomous car technology Carlisle said.

VIRAL VIDEOS

Used car ad capitalizes on car-ad clichés to create comedy

The 2010 Nissan Altima that Rob Comeau has been unable to sell for a year is now in top gear, spinning up hits through Facebook's video view counter and scoring the owner some test drives.

In just over a couple of days, the over-the-top car commercial he and his film production cohorts created has gone viral getting more than 400,000 views.

And not only have 100 people expressed an interest in the wheels he's been trying to sell for \$12,500 with no bites on Kijiji, Craigslist and Auto Trader, but the Buy Rob's Car video has

grabbed the attention of prospective clients for his friend's film company.

"We sure weren't expecting the video to blow up this big," said Comeau. "It's been pretty wild."

"It all began outside the gym," explains Chris Hau, of Know Hau Media, in Ontario.

The two pals were leaving the fitness club where they have morning workouts when Comeau said: "Man. No one wants to buy my car," gazing at his black Altima in the parking lot.

"Just then I had a great idea

for a commercial," said Hau, a director and cinematographer. "So we talked about it over breakfast at McDonald's, which may seem like a funny place to go after working out at the gym."

And it spread like a wild fire, with positive viewer feedback to the tune of 100,000 hits in the first day.

Comeau, who wants to sell the car and possibly get a newer four-door model, is still mystified as to why no one was interested in his Nissan when it was advertised on three different sites.

"It's really a great car, in great condition and accident free," he said, adding: "Maybe the price is too high, but I'm willing to come down a bit."

Now with so many people interested, it looks like the car has legs.

"We had a pretty good feeling about the video but never expected the kind of response from across Canada and the U.S.," said Hau.

"Even someone from a car company in the States who saw our commercial contacted us about shooting a video for them."

TORSTAR NEWS SERVICE



Rob Comeau's been trying to sell his Altima for over a year with no luck, but an over-the-top car commercial has recently garnered interest in the vehicle. KNOW HAU MEDIA

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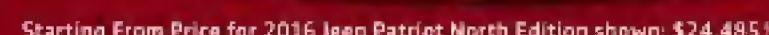
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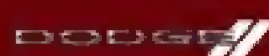
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DODGE
Caravan Kips

[illegible]



GM mum on details of contract negotiations

BLUE JAYS

Bautista denies seeking \$150M over 5 years

Toronto Blue Jays general manager Ross Atkins is keeping his lips sealed when it comes to contract negotiations with slugger Jose Bautista.

Atkins addressed the media Tuesday at Florida Auto Exchange Stadium, a day after Bautista said he had given management his terms on any potential deal in an earlier meeting.

"If you want me to say the same thing 25 times, I'll say the same thing 25 times: When it comes to a negotiation, a trade rumour, we are not going to discuss them publicly," said Atkins, who repeated some version of that mantra no less than five times within the eight-minute scrum.

After a breakout season in 2010, Bautista signed a five-year contract worth a guaranteed \$65 million US. His 2016 option was picked up at \$14 million and he could become a free agent at the end of this season.



Ross Atkins
THE CANADIAN PRESS

TRADE NIXED

Saunders staying put

Reports on Monday night indicated that Toronto would pick up Cincinnati Reds outfielder Jay Bruce in a three-team deal with the Los Angeles Angels, but that the trade later fell through because of medical issues.

The initial speculation was that the Jays' Michael Saunders, who injured his left knee during last year's spring training when he stepped on a sprinkler head while shagging fly balls, was the problem. Reports later indicated that it was a minor-leaguer who had also been involved in the trade.

Bautista said Monday he feels he's outperformed that contract. A media report Tuesday suggested Bautista's proposed deal was a five-year term for \$150 million, which the slugger later denied.

Atkins wouldn't reveal anything specific about Bautista's comments or about the earlier meeting he had with the all-star right-fielder.

"All of my interactions with Jose have been incredible," Atkins said. "I love being around



All-star right-fielder Jose Bautista is slated to become a free agent after the 2016 season.

FRANK GUNN/THE CANADIAN PRESS

the guy. I love talking baseball with him, I love to hear him talking about his career — it gets me fired up. But in relation to the negotiations, out of respect for him, out of respect for the Blue Jays organization, we just can't get into the specifics of it.

"What I can say is that we're really glad Jose's here, we love

the fact that he's a Blue Jay. Beyond that I can't comment on negotiations. There's nothing we can say. And there's really nothing more to it than that."

Bautista, who led the majors in home runs in 2010 (54) and 2011 (43), hit 40 homers last season while driving in 114 runs. The right-fielder is still very much in his prime at 35

and has said he feels he can play at a high level for several years to come.

Blue Jays manager John Gibbons said he expects Bautista to have a "monster year."

"The stakes are so high for us personally as a team and what's at stake for him as a free agent so it might be his best year ever," he said. THE CANADIAN PRESS

IN BRIEF

Messi's brace leads Barca over Arsenal

Two goals from Lionel Messi steered Barcelona to a convincing 2-0 victory over Arsenal in the last 16 of the Champions League on Tuesday.

Messi provided a clinical finish to a breakaway move that featured strike partners Luis Suarez and Neymar in the 71st minute and then scored an 83rd minute penalty to seal the first-leg match.

Also on Tuesday, Juventus came back from two goals down to draw 2-2 against Bayern Munich in the first-leg match.

THE ASSOCIATED PRESS

Hotel chain apologizes to Irving for bed bugs

Hilton Hotels has apologized after Cleveland Cavaliers guard Kyrie Irving said he was bitten by bed bugs Saturday night during his stay in downtown Oklahoma City.

Irving played just nine minutes the next day in a nationally televised win over the Oklahoma City Thunder. THE ASSOCIATED PRESS

Grizzlies' Gasol ruled out for remainder of season

Grizzlies centre Marc Gasol will miss the rest of this season after having surgery to repair his broken right foot. The team said Tuesday that Gasol had surgery on Saturday.

Gasol averaged 16.6 points and 7.0 rebounds this season.

THE ASSOCIATED PRESS

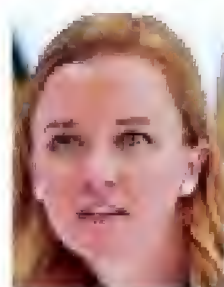
SCOTTIES

Carey undefeated through 6 matches

Alberta's Chelsea Carey stayed unbeaten at the Canadian women's curling championship with a 6-4 win over New Brunswick's Sylvie Robichaud.

Carey stole a point in the 10th to avoid an extra end. The host province topped the standings at 6-0 ahead of Northern Ontario's Krista McCarville at 5-1.

Northern Ontario defeated Stacie Curtis of Newfoundland and Labrador 7-4. Quebec's Marie-France Larouche and Saskatchewan's Jolene Campbell



Chelsea Carey
THE CANADIAN PRESS

also won to get to 4-2.

Larouche scored two in the 10th to edge Nova Scotia's Jill Brothers 5-4. Campbell beat B.C.'s Karla Thompson 8-7.

Defending champion Jennifer Jones was 3-2 with a game to play at night.

THE CANADIAN PRESS

IN BRIEF

Dos Anjos out of fight with broken foot: Reports

UFC lightweight champion Rafael Dos Anjos has a broken foot that will force him out of his bout with Conor McGregor at UFC 196 on March 5, according to Brazilian media reports.

The UFC didn't immediately confirm the cancellation of its main event for UFC 196.

Dos Anjos was scheduled to defend his 155-pound belt against McGregor, the 145-pound champion.

THE ASSOCIATED PRESS

NHL

Habs to review puck-tossing injury

The long-standing practice of players tossing pucks to fans took a scary turn this week when a mother posted on social media that her one-month-old daughter suffered a concussion when hit by a puck that she said was flipped into the crowd by Montreal defenceman P.K. Subban.

It raised two issues: whether tossing pucks is safe and whether infants should be allowed in the stands at hockey games or, in this case, at practice.

HOSPITAL

The infant in question was treated on site and taken to the hospital. She was released the following day and was doing well.

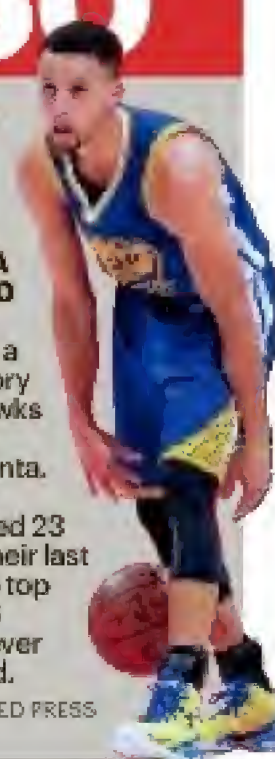
Canadiens spokesman Donald Beauchamp said the club will review the incident to see if changes are needed.

THE CANADIAN PRESS

50

The Golden State Warriors became the fastest team in NBA history to 50 wins in a season with a 102-92 victory over the Hawks on Monday night in Atlanta. The 50-5 Warriors need 23 wins from their last 27 games to top the 1995-96 Bulls' best-ever 72-10 record.

THE ASSOCIATED PRESS



RECIPE Turkey Lettuce Wraps



PHOTO: MAYA VISNENI

Ceri Marsh & Laura Keogh
For Metro Canada

Give tortillas a break and send in lettuce to make these zesty, crunchy turkey wraps.

Ready in
Prep time: 5 minutes
Total time: 15 minutes
Serves 4

Ingredients

- 1 Tbsp of vegetable oil
- 1 lb ground turkey
- 1 red pepper, diced
- 1 clove of garlic, minced
- 1 tsp ginger, minced
- 1 Tbsp rice vinegar
- 1 Tbsp soy sauce
- 1 Tbsp Sriracha
- 1/2 cup water chestnuts, diced
- 1 head of Boston or bibb lettuce
- 2 scallions, chopped
- small handful of cilantro, chopped
- small handful of unsalted

cashews, chopped

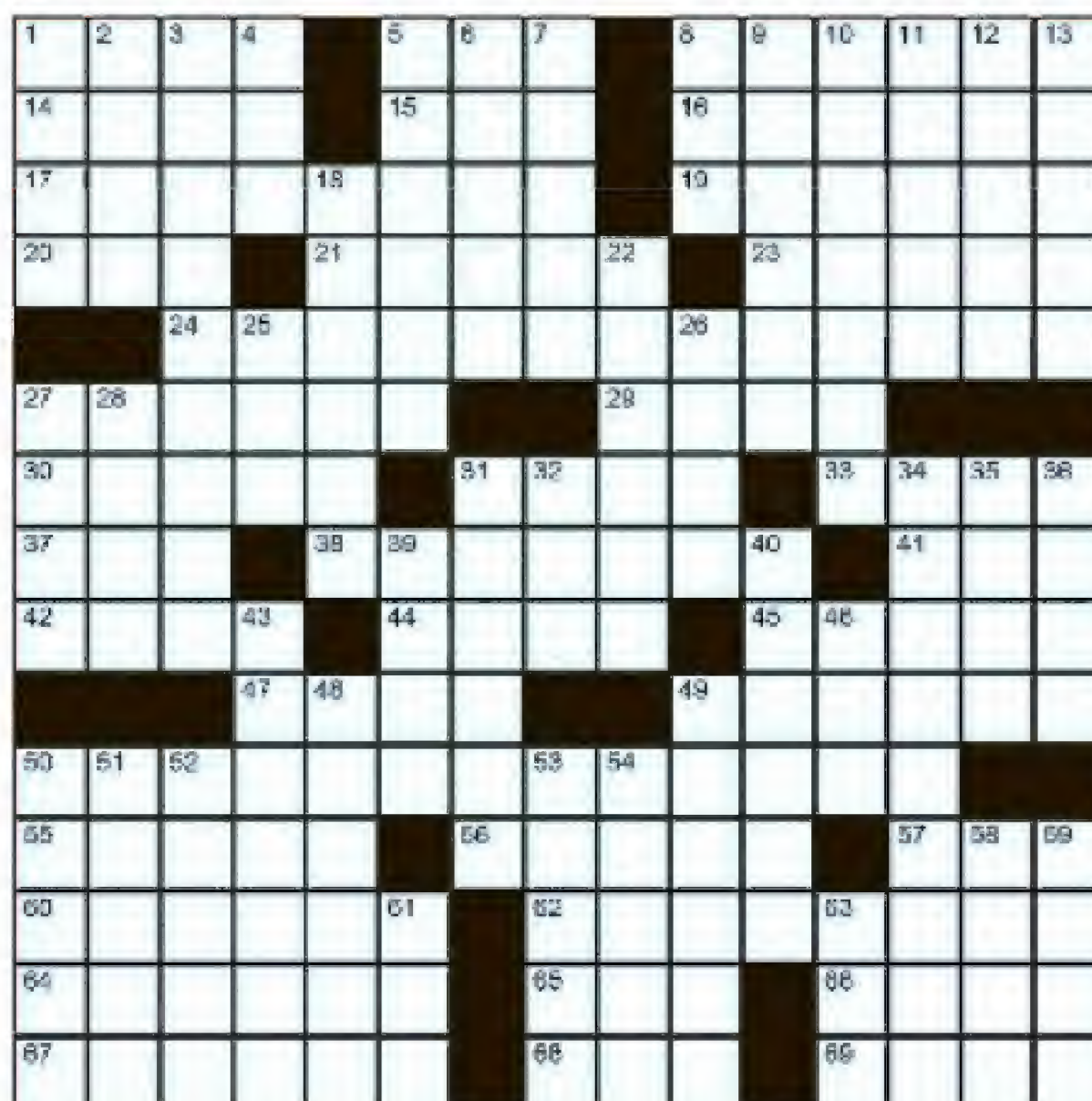
Directions

1. In a large skillet, drizzle the vegetable oil and warm it up to medium heat. Add the turkey and break it up as it browns until almost cooked through. Add the peppers, garlic and ginger and keep pushing everything around until the vegetables begin to soften. Pour in your vinegar, soy and Sriracha, along with the water chestnuts and give it all a stir. Place the meat mixture in a serving bowl.
2. Place clean and dried whole lettuce leaves, chopped scallions, cilantro and nuts all on the table, along with meat mixture and let everyone assemble their lettuce wraps. Making them in your hand works best — so place a lettuce leaf in one and scoop the fillings in with the other, fold up the leaf and bite in.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Ox-eyed goddess
5. Aesop's Fables creature
8. Put away
14. Eye __ (Optometrist's skill)
15. Wear
16. Change a moniker
17. Norman Bethune's field
19. Sooner or later; 2 wds.
20. 23rd Greek letter
21. Weaponize again
23. Father, in Latin
24. Stage name of Canadian singer Beatrice Martin; 3 mots
27. Most-shown-off muscles
29. Singer Ms. Tennille
30. Earthy pigment
31. Puck-into-net meaning
33. Troll
37. Honolulu necklace
38. "___ Hal" (2001)
41. Tear
42. Bustles
44. Burton and Golden
45. Violin of Cremona in Italy
47. ___-date
49. Saskatchewan hamlet, our great land when read backwards
50. What Mari-

times food 'dulce' is; 2 wds.
55. High IQ society
56. More healthy
57. Pant leg part
60. Per __ (For each person)
62. Sliding ballet move

64. Thwarted
65. Register
66. Ms. Korbut
67. Compounds in perfume
68. Shakespearean suffix
69. Ran, as clothing dye

DOWN

1. __ seed oil
2. Antiquated amours
3. Salad ingredient
4. Sherbrooke sidekick
5. Parisian fare-

wells

6. Submarine instrument
7. Ventriloquist's Mortimer
8. Lanka's lead
9. __ bowling
10. Lake __
11. Seasoned yogurt

side dish of India
12. An archaic ant
13. John __ (Tractor company)
18. Brunch servings
22. Copper and silver
25. Not 'neath
26. On-a-horse sport
27. Gaucho's weapon
28. Frosted
31. Protective shoe covering
32. Certain cheer
34. Breathtaking space in the Canadian Museum of History for the First Peoples of the Northwest Coast exhibition; 2 wds.
35. Ms. Hayworth
36. Majestic
39. Detest
40. Flamingos and Herons
43. Lessen
46. W.C.'s co-star
48. Chef, when prepping the dish for the waiter
49. "Anchors __" (1945)
50. Roast's host
51. Bargains
52. Opinion
53. "Save Tonight" by __-Eye Cherry
54. Dispense
58. Boundary
59. Hoover Dam lake
61. Want __ (Newspaper listings)
63. Bawl

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You can't explain how you've reached a decision but you must have the courage to see it through. The more your rivals oppose you, the more right you are.

Taurus April 21 - May 21
You'll make friends with someone today who could become a lover. Act quickly if you think they might be the one for you. You're not the only one who has designs on their affections.

Gemini May 22 - June 21
Money and possessions cannot make you happy, so forget about your cashflow problems and focus on affairs of the heart. Don't worry about making ends meet — it's meeting the right person that matters.

Cancer June 22 - July 23
Forget about duty and routine and focus on the one thing that means the most to you. You always do what is expected of you but now you must free the creative side of your nature, even if it means breaking a few rules.

Leo July 24 - Aug. 23
You'll have to put up with people who don't want you to succeed. As a general rule the more others criticize the more certain you can be that you are moving in the right direction.

Virgo Aug. 24 - Sept. 23
It's a good time for social activities but you may want to stay in if your 'To Do' list is long. You should know by now that you'll always find work if you look for it — so don't look!

Libra Sept. 24 - Oct. 23
It's good to have respect for powerful people but don't forget that they're human too. Your respect for one is based more on emotion than logic. See them for who they really are.

Scorpio Oct. 24 - Nov. 22
Mars in your sign makes you hugely ambitious but there will always be things you cannot do on your own. Reach out to people who share your passion and principles. Together you will achieve something remarkable.

Sagittarius Nov. 23 - Dec. 21
Today you should shut your ears to the outside world and take no notice of what others are saying. There is so much gossip doing the rounds at the moment that it is sure to end in tears.

Capricorn Dec. 22 - Jan. 20
You seem to be flavour of the month. Make the most of it but don't get carried away and give someone the idea that they mean more to you emotionally than is actually the case.

Aquarius Jan. 21 - Feb. 19
You may be tempted to retreat into your shell, but don't cut yourself off completely. The planets indicate there could be a new love interest!

Pisces Feb. 20 - March 20
Now that the full moon has started to fade, look back on your words and actions of the past few days and you'll see how they were driven by emotion rather than logic. You may need to backtrack on some of the things you promised!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

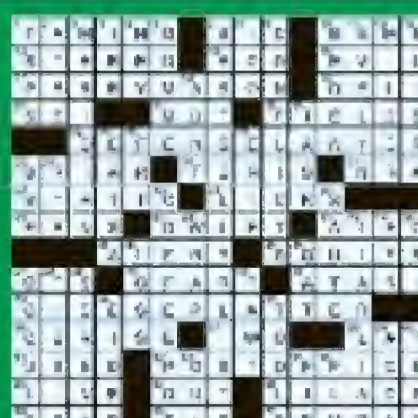


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